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NOTES AND NEWS.

THE Thirty-third Meeting of the Association of Teachers of Mathematics in the Middle States and Maryland was held Saturday, November 29, 1919, at the University of Pennsylvania, Philadelphia, Pa., in affiliation with the Association of Colleges and Preparatory Schools in the Middle States and Maryland. The morning and afternoon sessions were devoted to a discussion of the Preliminary Report of the Committee on Mathematical Requirements appointed by the Mathematical Association of America.

At the morning session Dean Herbert E. Hawkes of Columbia University gave an Exposition of Algebraic Section of the Report. His paper was followed by a Criticism and Discussion by Howard F. Hart, Head of the Department of Mathematics, Mont Clair High School. A general discussion followed which showed an enthusiastic acceptance of the trend of the report.

After a brief business meeting, the afternoon session was devoted to a consideration of the Geometric Section of the Report. An Exposition of this material was given by Mr. Raleigh Shorling of the Lincoln School, New York City. His paper was followed by a Criticism and Discussion by Mr. C. B. Walsh, Principal of the Friends' Central School, Philadelphia, Pa. A general discussion from the floor showed that the members present were in general sympathy with the trend of this report.

Fellow Teacher:

A preliminary canvass of the judgments of a number of active teachers of mathematics gives unmistakable assurance to the temporary committee of the Mathematics Club of Chicago of the advisability of initiating a National Council of Mathematics Teachers.

The organization meeting of the Council is set for February, 1920, at Cleveland, along with the meeting of the Department of Superintendence of the N. E. A. The temporary committee is arranging a live program for the meeting. The best men in the country will speak.

The exact nature and function of the Council will be formulated at the organization meeting. It seems probable that this national organization will serve to unify and vitalize and coordinate the work of the many separate and independent organizations throughout the country. Through its official organ, a monthly magazine, the best professional thought and leadership would be made available to the members of our profession.

You, as an official of your organization of mathematics teachers, are asked to attend to the appointment of at least (three or five) delegates who will represent you in the National Council meeting. Urge as many as possible to attend.

Will you please inform the committee when your organization has acted in this matter, sending along also the names of those appointed as delegates to the first meeting of the National Council.

Professionally yours,

W. W. GORSLINE,

J. R. CLARK,

M. J. NEWELL,

J. A. FOBERG,

C. M. AUSTIN,

Oak Park, Ill.,

Chairman.

DETERMINATION among the school leaders of Great Britain that the lessons of thrift and carefully living and spending gained during the war and since, shall not be lost, has led to the establishment of the continuation schools which will open formally in January.

These schools form a part of the educational reform now being effected in England as a result of post war conditions. The continuation schools are meant to bridge the gap between the time when the ordinary boy leaves school and the time when he settles down to a life vocation. Their influence on the life of the community, according to British officials will not lie merely in acquirement of knowledge. Behind these scholastic advantages will be others no less potent for the good of the nation.

THE British House of Commons, in voting down recently the proposal that an issue of "lottery bonds" be made a part of that country's after-the-war financial scheme, has definitely aligned

Great Britain with the United States in the adoption of the "Work and Save" program as the only safe and sure path to financial restoration.

Austen Chamberlain, chancellor of the exchequer, in opposing the lottery, said, according to dispatches, that the "only salvation for the country" was for every man to settle down to hard work and steady saving. The Commons endorsed this position of the Government by a vote of 276 to 84.

THE BEST CHRISTMAS PRESENT AT ANY PRICE

How can you make your money go further for Christmas cheer than with a year's subscription to *The Youth's Companion*? It brings so much into a household—its stories for readers of all ages, its serious and informing contributions, its editorial pages, its intelligent and trustworthy comment on the great and tragic events of the time, its wit and humor. There is nothing quite like *The Companion* in all periodical literature.

If you subscribe at once you will receive the opening chapters of Charles B. Hawes' 10-chapter serial story, *The Son of a Gentleman Born*. There are several other serials by Elsie Singmaster, C. A. Stephens, and other popular writers, which will insure the keenest interest throughout the year. All the family read *The Companion* because it is edited for every age.

New subscribers for 1920 will receive:

1. *The Youth's Companion*—52 issues in 1920.
2. All remaining weekly 1919 issues.
3. The Companion Home Calendar for 1920.

All the above for \$2.50.

4. *McCall's Magazine* for 1920, \$1.00—the monthly fashion authority. Both publications for only \$2.95.

THE fall meeting of the Southern Section of the Association of Teachers of Mathematics, was held at Goucher College, Baltimore, on December 23.

A report of the Philadelphia meeting was given by Mr. E. R. Smith, Park School, Baltimore. Prof. A. B. Cohen, of Johns Hopkins, spoke on the College courses for teachers in the summer schools. Miss Elizabeth White, of Eastern High School, Baltimore, gave a report of the work of the Mathematical Club in her school. At the afternoon session an address was given

on Commercial Mathematics in the High School, by Prof. W. S. Schlauch, of the High School of Commerce, New York City.

AMERICAN SCHOOL BOYS AND GIRLS WILL EXCHANGE WEEKLY
LETTERS AND INFORMATION WITH FRENCH.

*Exchange of Historical, Geographical, Home-life, Commercial
and Manufactural Material Planned—Also Kodak
Views and Clippings.*

WITH the approval of the Department of State and the United States Bureau of Education, and the co-operation of the French Ministry of Education, there will be operated in the United States, beginning with the school year, a National Bureau of French-American Education Correspondence, to be located at George Peabody College, Nashville, Tenn. The new bureau will promote correspondence between hundreds of thousands of pupils in France who are studying English and the pupils in America who are studying French.

The bureau will obtain from each teacher of French in the United States the list of pupils recommended for correspondence. Similar lists will be obtained from the teachers of English in France. For each pupil there will be given personal data as to age, sex, preparation, and main interests, so that the bureau may select the best-suited correspondents for each individual pupil.

Boys will correspond with boys, and girls with girls. From the bureau, teachers in America will receive a list of carefully selected French correspondents, so distributed in all the representative French and Belgian centers and the war area that there will be the maximum benefit for the class as a whole. For French and Belgian classes, there will be a similar representation of American centers.

The plan is that the French and American correspondents exchange weekly educational letters, each writing first in his own language and later in the language of his foreign correspondent. Linguistic training will not be the only educational end served. Along with the letters, there will be a fine exchange of historical, artistic, geographical, manufactural, commercial, and home-life material and information, clippings, picture pos-

tals, kodak views, etc., leading up to the deepest exchanges of human sympathies and ideals, that will reinforce international good will.

All the correspondence coming to the members of a given class will be kept on a bulletin board for the benefit of teacher and class. At general exercises in the schools, the foreign-language classes may present the most interesting phases of the correspondence to the entire school. The bureau will issue bulletins to the teachers, showing how to direct the pupils in this correspondence. Colleges and universities, private classes and clubs, as well as high schools, are included in the plan.

George Peabody College for teachers, Nashville, Tenn., will furnish the housing and general administration. It is planned, if funds permit, to establish within a few months, also, a Spanish-American bureau for the schools where Spanish is taught.

Through the co-operation of the French Ministry of Education all the schools, lycees, colleges, and universities of France are responding to the movement, so that many lists of French correspondents are already being received. Any institutions in America where French is taught or where there are students who can read French, as well as all private classes, clubs, or study circles, will be served by the bureau. Literature and enrollment blanks will be sent throughout the country. Any institutions or classes not otherwise reached may write to the bureau.

THE DAY AFTER CHRISTMAS.

ON the day after Christmas most people pick up the wrapping paper and string scattered about and ask themselves whether they really had as much joy and pleasure from the giving and receiving of gifts as they ought to have had. They know that those to whom they gave, liked and appreciated the spirit which led to the giving, but did they like the gifts? The overflowing ashbarrels, the crowd around the exchange counters in the stores and additional packages on the top shelves of unused closets and attics give the answer, in many cases.

It is less trouble and less effort to give sensible and useful and appropriate gifts than those which will bring neither profit nor gratification to the recipient. No matter for whom the gift is

designed nor how expensive or inexpensive you desire to make it, Government Savings Securities will supply the giver's needs and the receiver's wants. Thrift Stamps, War Savings Stamps, Treasury Savings Certificates and Liberty Bonds are adjusted to the limitations of every purse.

Moreover, their usefulness is not momentary. They will not be cast aside as out of fashion or outgrown, for they grow and increase in value with the passage of time. They carry with them the spirit of desire for future well-being expressive of true friendship and affection. They are appropriate for all and more than a little excuse exists for a recipient to feel that little thought has been spent on a gift no matter how expensive, if it is manifestly inappropriate. BUY W. S. S.

ARCHDEACON B. TALBOT ROGERS, former President of Racine College, Fond du Lac, Wisconsin, who has lately returned from the Balkans, gave some interesting impressions of Serbia and the Serbian at the offices of the Serbian Relief Committee of America, 70 Fifth Avenue, New York—William Jay Schieffelin, Chairman.

Dr. Rogers's party heard first-hand reports of the impossible conditions in the south. It was there that the Bulgarians were in control and the worst atrocities were committed; all forms of cruelties were suffered, of which teachers and preachers were the special victims. According to the cold Turkish idea, the country that can get its teachers into other lands becomes ruler of those lands. That was the belief held and acted upon by the Bulgarians. Teachers were not merely exterminated, they were killed in the most atrocious manner, tortured with the utmost fiendishness, thrown into pits to be buried alive; burned and crucified.

"There is no question about the need of relief in Serbia," Dr. Rogers asserted. "Through last winter the people existed on roots and grasses; all their food and farm implements were looted."

Since the visit of Dr. Rogers to Belgrade much has been accomplished through the unceasing efforts of the new government in co-operation with the great British and American Relief organizations. Absolute wonders have been worked in some

directions, yet in all the net results in comparison to the appalling need are woefully small. There seems to be a concerted effort at this critical time by means of press despatches dated from Belgrade and optimistic reports, to persuade the American people that Serbia no longer needs its help. Such despatches and reports either are based upon half-truths unconsciously distorted, or upon wilful misrepresentations by those who fear the recovery of the Serbian race,—fear it because it means one more vigorous and incorruptible guardian of the Gateway of the East.

The work of the Serbian Relief Committee of America lies among Serbia's helpless little children, who for four years have endured almost inconceivable privations and hardships. It is responsible for the preservation of forty thousand such children in the Chachak district alone, where Serbian headquarters of the Committee are established. The very continuance of a gallant race is dependent upon the lives of these men and women of the next generations, and, if there is any relaxation of effort at this critical time, thousands upon thousands of them must die before the opening of spring.

SCIENTIFIC FOOD SELECTION SIMPLIFIED.

THE principles of scientific food selection for the average family have been reduced to easily applied terms in a series of six charts designed for popular use by teachers and lecturers. The charts, prepared by the Office of Home Economics, United States Department of Agriculture, are so arranged that the value in calories of any meal containing any of the several foods listed and the cost can be easily calculated.

In general, the tabulations are planned to show unchanging factors on which wise food selections must be based—food requirements and food composition—and to provide spaces for the changing factors—prices. With one or two exceptions the foods listed are those for which the Department of Labor quotes prices in its monthly reports.

These charts can be easily reproduced in either temporary or permanent form. For the former use they can be copied on a schoolroom blackboard. If they are desired for more permanent use it is suggested that they be made on blackboard cloth.

In this form they can be rolled compactly. The charts were used by a Department of Agriculture speaker to illustrate lectures at the recent National Dairy Show in Chicago.

The first chart shows in 100-calorie portions the amount of food needed daily by the average family and also the proportions of the wholesome diet; that is, the desirable relative amounts of the following five classes of foods. I., Vegetables and Fruits; II., Milk, Meat, Eggs, and Similar Foods; III., Cereal Foods; IV., Sweets; and V., Fats. Charts like this can be made more generally useful if the words "average family (father, mother, and three young children)" and also the number of 100-calorie portions are omitted. The speaker can then fill in these spaces and apply the chart to the needs of any individual or family, to a man at moderately active muscular work, for example, or to a family of two average adults. Most teachers have the necessary data for this. They should remember, however, that these charts are designed to show the amount of food that should be purchased rather than the amount to be eaten. The amounts inserted should therefore make provision for all the losses that take place in the course of storing the food and of preparing it for the table. An allowance of 10 per cent. for this is customary.

For the Working Man.

For illustration, it is generally agreed that a man who does moderately active muscular work needs about thirty 100-calorie portions daily. If he is to receive this amount it will be necessary to provide at least thirty-three 100-calorie portions unless extraordinary care is taken to prevent waste. With the proportions of a wholesome and attractive diet given on the chart it is a simple matter to estimate the number of 100-calorie portions needed of the various kinds of food. In the case of this man the distribution would be about as follows: From vegetables and fruits, 7; from meat, milk, eggs, etc., 8; from cereal foods, 10; from sweets, 3; and from fats, 5.

If the food for the average family costs on the average one cent per 100-calorie portion, the total expense for the day will of course be \$1.20, exclusive of tea, coffee, spice, etc. If it costs, on the average 1.5 cents per 100-calorie portion, the expense per

day will be \$1.80. If an effort is to be made to keep the expense down to \$1.80 per day, for example, and if some foods cost 4 or 5 cents per 100-calorie portion, others must be considerably cheaper.

The other five charts, one for each group of foods, show how food materials that have somewhat the same uses in the diet can be quickly compared in price. Painted on each chart opposite the name of the food material is the number 100-calorie portions it provides per pound, per quart, or per dozen. In the next column is an empty space to be filled with the price, which of course fluctuates. This price can often be obtained from a member of the audience and inserted on the chart with chalk. The effect of this is to show the immediate practical usefulness of the information on the charts and to add interest to the discussion. From the price and from the number in the second column the price per 100-calorie portions can be quickly estimated. For example, the chart shows that medium-sized oranges furnish about ten 100-calorie portions per dozen. When oranges cost 40 cents a dozen, therefore, they furnish fuel at a cost of 4 cents per 100-calorie portion; when they cost 60 cents a dozen, they furnish fuel at the cost of 6 cents per 100-calorie portion. Raisins furnish about fourteen 100-calorie portions per pound. If they cost 28 cents a pound, they furnish fuel for 2 cents per 100-calorie portion.

How Costs Can Be Cut.

None of the representative foods listed in the first and second group furnish body fuel for less than 2 cents per 100-calorie portion, and many of them are much higher priced. It is upon the foods of the third, fourth, and fifth groups, particularly the third and fourth, that the housekeeper must depend to keep down the cost of the diet as a whole. For example, flour at 8 cents a pound furnishes body fuel for $\frac{1}{2}$ cent a 100-calorie portion; corn meal at 5 cents a pound furnishes at about $\frac{1}{3}$ of a cent a 100-calorie portion. There is of course a limit to the amount of these lower-priced foods that can be safely used. This limit is suggested by the first chart.

The proportions of the different food groups suggested as desirable to make up the total food fuel of the day's food are

not to be taken as an absolute rule. Experience has shown that they are reasonable, however, and that when they are followed the diet is likely to be wholesome and good tasting, and will supply the body in suitable proportions with the various food substances it needs.

Chart 1.

THE ADEQUATE DIET FOR THE "AVERAGE" FAMILY.

(Father, Mother, and Three Young Children.)

Provides daily about 120 one-hundred calorie portions, distributed somewhat as follows:

Vegetables and Fruits.....	24 one-hundred calorie portions
	(20 per cent. of the total)
Milk, Eggs, Meat, etc.....	36 one-hundred calorie portions
	(30 per cent. of the total)
Cereals	30 one-hundred calorie portions
	(25 per cent. of the total)
Sugar and Sugary Foods.....	12 one-hundred calorie portions
	(10 per cent. of the total)
Fats and Fat Foods.....	18 one-hundred calorie portions
	<u>120</u>

Chart 2.

GROUP I.

FRUITS AND VEGETABLES.

(Depended on for bulk, flavor, minerals and vitamins.)

	100-Calorie Portions.	Price.	Price per 100-Calorie Portion.
Potatoes	3 per lb.	— cts. per lb.	— cts.
Onions.....	2 " "	" " "	"
Cabbage	1 " "	" " "	"
Corn, canned	5 " " No. 2 can	" " " No. 2 can	"
Peas, canned	3 " " " " "	" " " " " "	"
Tomatoes, canned....	1 " " " " "	" " " " " "	"
Prunes	11 " "	" " "	"
Raisins	14 " "	" " "	"
Oranges (8 oz. each)..	10 " doz,	" " doz.	"
Bananas (5 oz. each)..	11 " "	" " "	"

Chart 3.

GROUP 2.

MILK, EGGS, MEAT, AND SIMILAR FOODS.

(Depended on for efficient protein and fat.)

	100-Calorie Portions.	Price.	Price per 100-Calorie Portion.
Cheese.....	20 per lb.	— cts. per lb.	— cts.
Eggs.....	9 " doz.	" " doz.	" "
Sirloin steak.....	10 " lb.	" " lb.	" "
Round steak.....	7 " "	" " "	" "
Rib roast.....	11 " "	" " "	" "
Chuck roast.....	7 " "	" " "	" "
Plate beef.....	12 " "	" " "	" "
Pork chops.....	13 " "	" " "	" "
Ham.....	15 " "	" " "	" "
Lamb.....	11 " "	" " "	" "
Hens.....	8 " "	" " "	" "
Salmon, canned.....	7 " "	" " "	" "
Mackerel, salt.....	11 " "	" " "	" "
Oysters.....	5 " qt.	" " qt.	" "
Milk*.....	6 " "	" " "	" "

* Needed for growth.

Chart 4.

GROUP 3.

CEREAL FOODS AND DRIED LEGUMES.

(Depended on for protein and starch.)

	100-Calorie Portions.	Price.	Price per 100-Calorie Portion.
Corn meal.....	16 per lb.	— cts. per lb.	— cts.
Rolled Oats.....	18 " "	" " "	" "
Wheat flour.....	16 " "	" " "	" "
Bread.....	12 " "	" " "	" "
Rice.....	16 " "	" " "	" "
Macaroni.....	16 " "	" " "	" "
Corn flakes.....	16 " "	" " "	" "
Beans, dried.....	16 " "	" " "	" "

Chart 5.

GROUP 4.

SUGAR AND SUGARY FOODS.

(Depended on for flavor and for body fuel.)

	100-Calorie Portions.	Price.	Price per 100-Calorie Portion.
Sugar, granulated.	18 per lb.	— cts. per lb.	— cts.
Sugar, lump	18 " "	" " "	" "
Sugar, maple	13 " "	" " "	" "
Honey	15 " "	" " "	" "
Molasses	13 " "	" " "	" "
Sirup, corn	14 " "	" " "	" "
Candy	17 " "	" " "	" "

Chart 6.

GROUP 5.

FATS AND FAT FOODS.

(Depended on for richness and for body fuel.)

	100-Calorie Portions.	Price.	Price per 100-Calorie Portion.
Butter*	34 per lb.	— cts. per lb.	— cts.
Lard	41 " "	" " "	" "
Vegetable oils	41 " "	" " "	" "
Bacon	26 " "	" " "	" "
Cream*	9 " qt.	" " qt.	" "

* Important for vitamins, growth essentials.

Nous rappelons que le *Journal de Mathématiques pures et appliquées*, édité par la librairie Gauthier-Villars et Cie, 55, quai des Grands-Augustins, Paris (6e) publie des mémoires originaux de mathématiques pures ou appliquées dûs au savants français les plus éminents.

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